



EUROPEAN COMMISSION
DIRECTORATE-GENERAL FOR HEALTH AND FOOD SAFETY

Public health, Cancer and Health Security



2ND LIVE WEBINAR: THEMATIC NETWORK ON MENTAL HEALTH IN ALL POLICIES



Towards a comprehensive approach to mental health Strengthening the link between mental health and environment

[Wednesday 22 February 2023, 11.00 – 12.30 CET, Brussels time]

Dear colleague,

We invite you to join this webinar.

A comprehensive approach to mental health requires a clear understanding of the interconnections among wider determinants of mental health, shifting the focus away from the individual to the context in which they live. There is growing evidence of the association between mental health and the environment.

On the one hand, **climate change and its adverse effects**, such as climate anxiety, economic uncertainty, job insecurity, volatile weather patterns and displacement, can have a negative impact on mental health, representing therefore risk factors.

On the other hand, **the environment encompasses also protective factors for mental health** (e.g., evidence shows that spending time in nature reduces experiences of anxiety, depression and loneliness). The mental health in all policies approach calls for the inclusion of mental health in climate policies, as well as the integration of environmental considerations into policies and programmes for mental health.

The objective of this webinar is to support an understanding of the relationship between environment and mental health, both in terms of risk and protective factors. Special attention will be deserved to those groups which are disproportionately at risk from climate change-related hazards, depending on existing vulnerabilities and inequalities. The mutual benefits of actions that contribute to climate change mitigation – with positive effects on mental health and vice versa – will be highlighted.

After an introduction explaining the impact of climate change on mental health and putting forward some policy recommendations, **the webinar will then move to a section focused on the experience of different stakeholders** (e.g., the need for health professionals to be trained on the topic), as well as promising practices of supporting mental health and well-being through nature-based solutions.

The webinar will take place on the [EU Health Policy Platform](#), in the framework of the “[Mental Health in all Policies](#)” Thematic Network, led by [Mental Health Europe](#), in partnership with the members of the [Mental Health Advocacy Platform](#), as well as [EuroHealthNet](#), [Trimbos Instituut](#) and [UNICEF](#). Launched in October 2022, the Thematic Network aims to gather knowledge of what works, what is already happening

and what still needs to be done in relation to adopting a “mental health in all policies” approach. A Joint Statement - to be launched on 19 April 2023- will provide policy recommendations and suggest possible courses of action to address mental health in all relevant European Union, national and regional policies.

Register to this webinar following [this link](#). Once registered, you will receive a confirmation email from Webex. Please pin it in your calendar. On the webinar day, please open the calendar invitation and click on “join webinar”.

This webinar will be held in English and is open to all stakeholders.

If you have any further questions, please contact sante-hpp@ec.europa.eu

We are looking forward to welcoming you online.

The EU Health Policy Platform team



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 Directorate-General for Health and Food Safety
 Unit B3 – Health monitoring and cooperation, Health networks
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The EU Health Policy Platform will host a live webinar, following this **agenda**:

Time	Topic	Speaker
11:00 – 11:05	Welcome and introduction to the webinar	MHE
11:05 – 11:10	Welcome	DG SANTE, tbc
11:10 – 11:25	Setting the scene: The mental health impacts of climate change	Ana Tijerino, Technical Officer Mental Health Flagship WHO Europe
11:25- 11:32	Addressing climate and environment change and related health risks - The role of health professionals	Ilonka Horváth, Senior Health Expert, Kompetenzzentrum Klima und Gesundheit, Austrian Public Health Institute
11:32- 11:40	Mental health support in occasion of natural disasters	Red Cross (National Society tbc)
11:40 -11:50	Q&A	Chaired by MHE
11:50 – 12:05	Woodlands for Health and supporting mental health and well-being through woodland and nature-based programmes	Niamh Ní Chonghaile, National Woodlands and Nature Project Lead, Mental Health Ireland

12:05 – 12:15	Q&A	Chaired by MHE
12:15 – 12:25	Comments	DG SANTE
12:25 – 12:30	Closing remarks	MHE



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